

SA Phone Group

Posted by Ineedhelp!! - 08 Dec 2009 15:54

Hi GYE community,

I thought of something that I think many people on the forum could benefit from. Right now we have these SA groups where there's a sponsor and sponsees on the call going through the 12 steps. It is great for anyone who wants to go through the steps. I am doing that, but I am also doing something else that I think has helped me tremendously. I call in on a non Jewish phone group. They dont have a sponsor run the call. They have people like me and you, in recovery. Theres a literature and they red questions and go around to people on the call and answer the questions. Everyone has like two minutes maximum to answer each question. I think this would be a great idea for us to do. we could make our own support group. where we just answer the questions and everyone gets to speak (if you want you can just listen, but the call is based on people speaking up). These people do it every night but we dont have to. We could do it any set number of times per week. If anyone has interest in this then reply on this thread with your amount of interest (not at all, somewhat, very, YES YES YES, etc.), how many times a week you would the call to take place, and which days it should take place. I personally would want like 3 times a week. Thursday, Motzei Shabbos and maybe Monday but thats all flexible.

Have a great day everyone!

-Yiddle

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Re: SA Phone Group

Posted by the.guard - 15 Dec 2009 00:04

Beautiful! This sounds great!

Can you post some details of how it will work and what it's purpose is, and I'll try and copy what you write and make an announcement in a Chizuk e-mail...

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Re: SA Phone Group

Posted by Ineedhelp!! - 15 Dec 2009 19:08

There it is GYE community, the advertisemnet of this wonderous and life saving opportunity. Lets get off the computers and chatrooms and talk with real people on the phone. Dont you wanna hear someone's voice as they tell you about their fall and how they've picked themselves up? Dont you wanna feel that trembling in their voice? We all need to feel one way or another if we are going to be in recovery one day!!

Quote form todays email:

"Announcement

New Phone Group Starting

An anonymous support group, where people can get their stories and feelings out, in a structured manner.

To join, either post on this thread [<http://rehab-my-site.com/guardureyes/forum/index.php?topic=1333.0>]

or contact yiddle2@gmail.com [<mailto:yiddle2@gmail.com>]"

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Re: SA Phone Group

Posted by lamed vavnik - 15 Dec 2009 19:54

i can't do it until at least 8 - 8:30 my time that's like 2 - 2:30pm for you guys

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Re: SA Phone Group

Posted by lamed vavnik - 15 Dec 2009 19:55

or is it 1 - 1:30?

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Re: SA Phone Group

Posted by Lechayim - 23 Dec 2009 21:09

Is this call still planned . I haven't been here in a while. Anybody know what going on ?

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Re: SA Phone Group

Posted by Ineedhelp!! - 23 Dec 2009 21:19

Sorry to all that signed up. I have been very busy and havent had the time to make a time for everyone. I can do it in a week and a half or someone can take over the lead if they dont want to wait.

Sorry again.

-Yiddle

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Re: SA Phone Group

Posted by the.guard - 27 Dec 2009 11:24

Yiddle, it's a shame, this could be something great. Set up a set time once a week and I'll announce it in the chizuk e-mails!

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Re: SA Phone Group

Posted by Ineedhelp!! - 27 Dec 2009 14:33

I really dont have time this week to set up a time. Next week Be'ezras Hashem I will ask the people who said yes when would be best and then make a time based on that.

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Re: SA Phone Group

Posted by Ineedhelp!! - 08 Jan 2010 00:43

Ok I am very sorry for the delay of this phone group, but who is in? I would like to shoot for Monday if there enough (say 6??) people. I can do it any time of the day. Mi Lahashem Eilai? Who is with me?

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Re: SA Phone Group

Posted by Ineedhelp!! - 08 Jan 2010 01:32

[Yiddle2 wrote on 08 Dec 2009 15:54:](#)

Hi GYE community,

I thought of something that I think many people on the forum could benefit from. Right now we have these SA groups where there's a sponsor and sponsees on the call going through the 12 steps. It is great for anyone who wants to go through the steps. I am doing that, but I am also doing something else that I think has helped me tremendously. I call in on a non Jewish phone group. They dont have a sponsor run the call. They have people like me and you, in recovery. Theres a literature and they red questions and go around to people on the call and answer the questions. Everyone has like two minutes maximum to answer each question. I think this would be a great idea for us to do. we could make our own support group. where we just answer the questions and everyone gets to speak (if you want you can just listen, but the call is based on people speaking up). These people do it every night but we dont have to. We could do it any set number of times per week. If anyone has interest in this then reply on this thread with your amount of interest (not at all, somewhat, very, YES YES YES, etc.), how many times a

week you would the call to take place, and which days it should take place. I personally would want like 3 times a week. Thursday, Motzei Shabbos and maybe Monday but thats all flexible.

This is what I originally posted when I introduced the idea of this support group call. I have a set of questions that we can go around as a group answerign them. They will not give us more info about our addiction, its intention is to give each of us insight by HEARING the voice of another addict and his (sorry no females on this call but you guys can start your own...mom) tribulations and successes that he had throughout his day, week, month, year, and life. Like I have said previously, I have done this and it has worked well. It has worked well through saying my story and hearing other people's story. GYE Kehilla: Our main problem is that we are too attached to our computer or TV screens. Getting out of isolation is a must in order to be free from lust. This will start off as a trial. One day. Thats all I ask of people to commit. We can do it either in the middle of the day so people in Israel can join or do it at night if only people in America want to do it.

So I say again!

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Re: SA Phone Group

Posted by Ineedhelp!! - 08 Jan 2010 04:20

With the aid of another supporter I have decided to set a time which IS flexible. IY"H the first meeting will take place at 2:00 PM Eastern Time Zone this coming Monday. If you would like to join, please post your interest and I will give you the call info.

Kol Tuv

-Yiddle

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Re: SA Phone Group

Posted by Steve - 08 Jan 2010 06:22

Hineini.

I'll try my best to be free the first time, whatever time is good for everyone else. Kol Hascholas Kashos. Send me a PM with the info, please.

Be Kewl, Jewl.

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Re: SA Phone Group

Posted by Lechayim - 08 Jan 2010 17:39

Monday 2:00 will never work for me. It seems to be in middle of the day. I find Sunday to be the easiest time and maybe the best day because many need chizuk then.

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Re: SA Phone Group

Posted by Ineedhelp!! - 10 Jan 2010 01:48

Ok so right now we have 5 holy brave Jews that are willing to step out of their world of isolation and step inot a new world of openness and being honest to ourselves and others. Again: the call will take place some time on Monday and we will go around answering a few questions in an honest and deep fashion. This is a one time trial so signing up does not lock you up for life. Anyone else want to join? If you do either post it on this thread, email me at Yiddle2@gmail.com, or PM me. This WILL happen on Monday!

Kol Tuv

-Yiddle

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